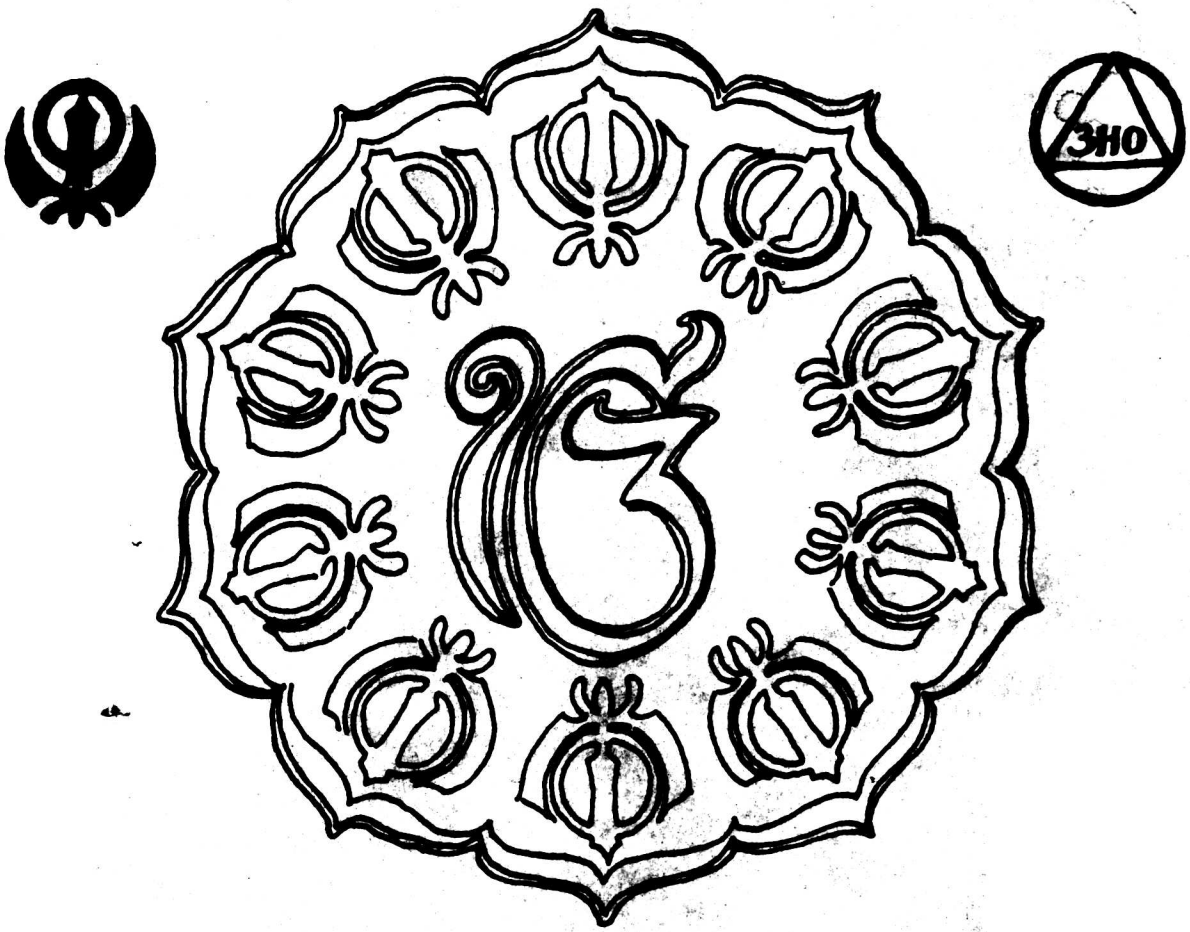
VOLUME# I, 3

KUNDALINI RESEARCH INSTITUTE NEWSLETTER



KUNDALINI RESEARCH INSTITUTE

NEWSLETTER

Volume I Number 3

Dedicated to the effort of sharing the pure teachings of Yogi Bhajan ji and the Science of Consciousness for the New Age.

Copyright December, 1973. No part of this may be reproduced without written permission from the Kundalini Research Institute.

KUNDALINI RESEARCH INSTITUTE
NEWSLETTER

3HO PUBLICATION
575 N. HAMILTON BLVD.
POMONA, CALIF.
91768

TABLE OF CONTENTS

The Word.....1

Meditation for Mental Energy.....11

Consciousness When You are Alive or Dead..15

UCLA "Why I Couldn't Make It".....26

Doei Shabad Kriya.....36

Editor in Chief: Mukha Singh Sahib Gurucharan Singh
Editorial Staff: Sardarni Gurucharan Kaur
Guru Purkh Kaur
Guru Sangat Kaur
Ravi Har Kaur
Sat Darshan Kaur
Art: Corrine Hammer
Manjit Kaur

Copyright 3HO Foundation, Inc.

THE WORD

A Lecture by Yogi Bhajan
9/25/73 (edited)

This semester I'll teach very slowly but very few things. But they will be good things. And you must know those things. Don't try to miss any of the classes. Otherwise you will bug yourselves later.

How many of you have found God? And tell me where it is available. I'm not asking a wrong question.

Class: Everywhere.

YogiJi: Oh, no. Not everywhere. God is not everywhere; they only say so. Has anybody found God, please?

C: He's a force that you turn over your will to.

Y: Ah, that's just intellectual. Anybody found God?

C: I think a few times God found me.

Y: That's a reverse case. Anybody found God?

C: It's within you.

Y: Oh, within you. That's nice of you. Very good compliments. Anyway, is there any place where God is?

C: Is there a place where He is not?

Y: There is only one place where you can find God.

C: In the tip of the tongue.

Y: That is the tongue of holy men. God knows who's holy and who is not.

Where is God? In the 20th century Oxford Dictionary in letter "G" you will find the word "God." And everybody can find it there. And it consists of three letters- G-O-D. If you find it anywhere else you are just messing up your time and yourself. Feel very convenient about it. You know these preachers and these holy men and all that have made this word God so simple. It is one of the words in the English dictionary. But they're so up tight about it, they've put so much pressure on it, they have created such a phobia about it, that actually man is just not trying to understand it totally. He doesn't want to relate to it.

That is only one word out of hundreds of thousands of words which exist. Because it is a word and because there are thousands of other words, those words are there, this word is there, and therfore it is everywhere and it is nowhere. That is the reality. And in every English dictionary you will find the word "God" and it has three letters: G-O-D. But if you want to make capital out of the situation: God will curse you, God will help you, God will love you, God will hate you, you know you are making a football out of it. Consciousness is a given factor. To apply consciousness consciously is the experience of that given factor. You have come to a senior class, you have tried to get up to a certain level of consciousness. Tonight I am going to speak very slow, otherwise you are not going to understand a single word. I can tell

you that because today I am talking simple, basic truth. And wise men are those who understand simple, basic truth. What is God? God is a word. That is why it is said, "In the beginning there was a word, word was with God, and word was God." You don't understand. The whole Christianity reads that John thing. Nobody understands it. I am aware of it. Because if you just understand God is a word, that every word is a word, so whatever word you will utter you will utter like a god. There will be a peace and harmony, beauty and love on the earth. If you can start uttering words as God is, because God is a word, all problems will vanish. You know how simple this truth is. What is a god? It is a word; it consists of three letters. Is it true or not? And in the whole dictionary, how many words are there? Thousands of them. Among those thousands of words there is the one word which is "God." So this is a family of words. If all words are like that and if you select and choose your words and you utter your words with that consciousness which is a given unit of psychic situation of your life and existence you can bring peace. Where can you bring peace? You can bring peace to yourself. When yourself is in peace then all the surroundings shall be in peace.

Now you must know one thing; listen to me folks carefully: nobody hates anybody. Nobody hates anybody, everybody hates himself and uses another man to express it. Nobody loves anybody. Everybody loves himself and uses another man to express himself. And this has to be deeply understood. Those who hate you need more compassion because they are only using you. In reality they are definitely in a deep hatred of themselves. There is no way you can learn. But you must acknowledge the foundation of the word. Only then your building of life which is a personality will be o.k. If you do not learn all your life to choose the word and to express yourself through the word, this world does not belong to you. This world, w-o-r-l-d belongs to those only who have learned the knowledge of word. W o r d. Word is a very powerful thing. Each word can carry you further, each word can put you down to the depth. You have a car and it may have 400 horsepower, but there is an equally strong mechanism in the brakes. The car may be going at full speed, but if you want to stop it, you'll stop it right there and then. Exactly that energy is in the word. Word is very energetic. You have to choose to apply it. And you should have the power to stop it, you should have the power to withdraw it, you should have the power not to let it out of this gate of the mouth. If unexpected words leaves you from here it can make you leave this world. Nothing can hurt more than the word. Nothing can repair more than the word. Nothing can enlighten a person more than the word. Nothing can damn a person more than the word. The highest science is the science of the word. That is why they say, "Those who praise the Lord on this earth, they are praised on this earth all the way."

What is awareness? Awareness is the selection of the word.

Your words should express your spirit, because it takes prana to speak the word. Pranas are given to you by the infinity, and they are given to you to work in the finite. So when you utter a word you create a contact within and without. That is the secret of within and without. And if a man does not learn this great secret, every other learning does not mean a thing to him. Isn't it a far out situation? Because nothing you gain and nothing you lose mean anything if word is not known to you. Somebody does a great favor to you out of love and you don't just thank him, just miss that word "thank you," that person will convert into an enemy. Or there is an enemy who comes and stabs you. You say, "thank you." Even though the other blade is ready, if you say, "Why don't you use that one too?" his knife will fall down.

The fact is when you tell somebody you love him, or her, whatever the case is, as the situation is, in the reality you know that you don't love that person, but you do use the word. And the power of the word is it hypnotizes the consciousness of the other person. The word "love" is so powerful! Throughout experience and through the time we get betrayed, hurt, exploited, whatever you want to call it. But the power of the word "love" is that it lets you do whatever you want to do. Don't you understand the power of this word?

Once a student went to a great teacher and he asked, "Sir, I want to be enlightened, I want to know my totality, I want to be great." He said, "My dear fellow, you go to such-and-such teacher and do nothing. Just listen to him, and after one year come and see me." He said, "Holy sir, you are the wisest. Why are you sending me somewhere where I do not know the place, the person, the environment and things?" He said, "I have not yet got mastery over the word. He has a mastery over the word. You go to him. You go and do what I have said. If I would have got a mastery over the word, I would have said it, you would have done it. Are you not aware right now I told you where you could do this. I told you there, and you questioned me. You have messed up the whole thing. Because I injected the power of word, you rejected the power of the word, balanced out." He said, "Sorry Sir." He said, "Sorry, my son," and both looked at each other. But in his consciousness he knew what he had said and he went. When he reached the place there was a message for him. "Welcome. Learn to obey. Wait till I come." Now, he did one mistake, he never wanted to repeat it again. So he waited there, and after exactly one year when his time to return came, that teacher appeared. He said, "Thank you for waiting. You have learned patience, patience shall pay always. You have to go back to your teacher. Thank you for waiting. Go." He was totally puzzled. He took his bag, went back, came in a couple of days and sat down there and his teacher said, "My son, welcome. What happened to you?" He said, "Lord, great things. I went there, he was not there." He said, "Did you check how much time you missed him?" He said, "Yes, I missed him by the time of that discussion.

When you said to me, if I would have started I would have found him there. Because I discussed, we looked at each other, and that night I left, I missed one afternoon and he had gone. That's all it took." He said, "Then what happened?" He said, "There was a message for me to wait and to obey. So I sat down there, waited, and I obeyed the order. And when my exact time was to come he appeared. And this is what he told me, he said, "Patience pays, now go back to your teacher." He said, "What do you want now?" He looked up to the god. You know why we look up to the god? Because that gives us the option to levitate ourselves. It may not be real or it may be real. When you look to God you look up, when you look on a demon you look down. So you do that measurement. It's a judgement. We do it consciously, unconsciously, subconsciously. But we do it. My dear ones, I am going to teach you through this, this scientific knowledge, to have the power of the word. I'm going to deputize my time to this, therefore I want you to listen very carefully. The teacher sat down and this student again looked at him and this time he didn't speak anything. Teacher asked him, "What do you want?" He said, "What do you want?" Third time he said, "What do you want?" He actually bugged him. This was a clear message that he has learned to have patience and he has learned to wait. He wants nothing. It provoked the mercy in the consciousness of his teacher. He said, "I initiate you. Go from here to such-and-such town and teach God to people." He didn't ask a question for a little, he didn't ask what I should take with me, he didn't ask what should I do. He has already learned the greatest lesson of his life: patience pays. He also understood when you ask, obey. When you command, act. That's the greatest philosophy in life. You cannot command if you do not know how to obey. It's a laugh. You know why you fail in your life? Because of that! Those who are never good students can never become great teachers. Those who have never slaved themselves, they will never become masters. Those who have never seen the night, they can never enjoy the day. Law of polarity sustains the word and there can not be any problem for any wise man to experience through this law of happiness. None of you is without beauty. You are all beautiful and you are all unique, and you are all wonderful. And you are all great. You know why? Because nobody's created equal to you. Therefore you are unique and specific. Your creator is the foremost beauty and He has created you in His own image. There was never like you, there is never like you, and there shall never be like you. Is it true or not? Then why do you bug yourself? You know why you are here? You are here to revise your learned self. Those who teach the human beings are the greatest fools by themselves. The secret of a great teacher is that he revises the learning with the learned. If otherwise one would make an effort to obey others.

It is awakening. It is enlightenment. It is the dawn of the self. Truth is in the very seed of a man. The very seed of the being, the spermatozoa of the man, does know that is has to take eight circles

around the egg and by taking eight circles it will secrete enough saliva which will soften the egg so it can penetrate. Now who taught that spermatozoan? Tell me. I tell you to learn the mantra with eight circles - you don't do it. I know nothing can work on the human brain other than the ashtang mantras. I am not bugging others who give you mantras. For God's sake don't get me beaten up. I am not against anybody. But I know nothing will work. I know bij mantra can only take place if the heart will open up. Because what can sustain the bij mantra? Oh, you can get a bij mantra for $65, but where are you going to keep it? You want to keep a thing in the head but nothing remains in the head. The heart has to hold it! Compassionate mind, we call it. Passionate mind cannot hold anything. You know what compassion you have? You look at each other and sigh with bliss. But when you passionately love her you kiss, kiss, kiss - you get into it. That's the difference. Bij mantra you can get but where can the seed grow? In the compassionate mind. And who can open the compassionate mind? Ashtanga: eightfold vibration.

Guru Gobind Singh was not wrong. When the Sikhs came to him, "Lord, all the scriptures, everybody has everything, what about us? We are fighting all the time. They're attacking us all the time. What should we do?" He said, "They fight, they attack us, and we don't fight with them but we defend ourselves. And we have to do it. Because we have to teach people that self-defense is the highest love of God because God gave us the self. We don't attack anybody. We are good people. But they don't like us. Darkness doesn't like the light; light doesn't like the darkness. They are attacking us, we are defending ourselves. That is O.K." They say, "Lord, but what about the other thing? Every day we want to feed our soul, spirit." He said, "What about that? It is something that should be. Then he sang a scripture. And he gave the ashtang mantra - people call it guru gaitri: Gobinde, mukande, udhare, apare, haring, karing, nirname, akame. This was ashtang mantra, guru gaitri. He said, "Worst come to worst, this will open your heart and then Sat Nam will sit there ever if you use the seed mantra .. panj shabad. The five sounds can become an infinite mantra with you." Five sounds - which five sounds? Sa ta na ma. "A" is common because this ego is common. Things are all set. Now everybody knows this is a Kali yug. You know which mantra we chant? Doapur mantra! Using a Doapur mantra is like going to New York on a pony. Definitely you will make it. There is no problem. I told one of the greatest philosophers, "Sir, you are a great teacher, but for which year?" He said, "I don't understand that." I said, "There is ancient money, it is very costly today. It is not the current money. It is not the legal tender. You are very good, indeed. But I don't need you today. It is Kali Yug. Everything has a time. In Sat Yug there was a time for bhakti yoga. In Treta Yug karma yoga was for the time. So Gita was produced in that yug. Doapar has its own time. Peace came by the righteous virtue of the action and sacrifice, so a lot of sacrifices were made. Even Rama went to exile for 14

years just to honor the father's promise. Lot of sacrifice. But this is Kali Yug. This is a heart day. Give this, take this. Give this, take this. Take this, give this. It's a balanced time. Here early in the morning be with the infinite; Whole day he'll be with you. At night thank him; he will sleep with you. Because he's omnipresent, omniscient, omnipotent and you are finite. Moment the finite tunes with infinity, infinity will tune with the finite. It's the law of polarity and balance. That is why Nanak said, "Don't run away." You won't find anything. Be so beautiful. Things should come to you. Fools don't run away after things and occult powers. What will you get out of occult powers?

I am asking you tonight one thing. My apologies, it will hurt you, but excuse me - because you love me. So don't start throwing eggs on me. Suppose God comes here on this seat. What are you going to get out of it? Almighty God comes and sits here and says, "I am God." What are you going to do with him? You will bow to him out of reverence and respect? That, everybody should do. Let us hypothetically think about it. God has come and sat here and said, "I am God" and you see me becoming a smoke, and then there's a huge thing full of light and this light totally fused out. And everybody is one foot above the ground when he sat down, right? Let us imagine that, there's nothing wrong with that. So you all bow, and you say, "Hail to Almighty God. He has blessed us." All right, that's what you do? Then you'll ask what? Are you going to ask Him to bless you? Are you going to do that or not?

Class: Yes.

YogiJi: You beggars. If he didn't give you the breath of life, the prana, he gave you the beauty around you, he gave the beauty in you, and you still are beggars. Are you to remain beggars? You know what you should do if at all you meet a god? Guru Nanak has said it, even if God comes tell him, "Thank you God. You have come, sit down we'll get you a glass of juice. You have come on this earth, it is very kind of you. Be seated here, we'll get you a good apple pie. Relax, and when you want to go let us know. We'll see you off." He'll be very happy. Suppose he insists, "No. You each one should get something or the other." What are you going to do then? I'd tell him, "If you insist on giving, and it is itching you too much, do whatever you want to do. Let thy will prevail." I will not ask anything. I will ask nothing. When nothing is asked, everything follows.

You know, in the company of the holy, learn to control your holes. This very big hole,(the mouth) needs a lot of control. And it's priceless to know what to say because everything is a word. The choice of the word can make it and mar it. I am still on that subject which I started - word.

You know, there was one beautiful son of mine. His wife one day got bugged. It is a funny thing. She threatened him. She said, "I am going to leave you." So she packed up her attache case and all that stuff. Normally the girls in America do this. This is the easiest threat because they can

get alimony anyway. Child support, any money can support them. It is a very ridiculous security but it exists. So she said, "Well, I'm going to leave you." He got totally upset. He called me. He said, "What should I do? She's going to leave." I said, "Where?" He said, "She's leaving me." And I said, "It's all right. Does she like to talk to me? If she doesn't want to talk to me, tell her I've got a very good story to tell her if she wants to listen." Every girl in America loves to listen to stories. So she got on the line. I said, "Honey, I'm glad you are leaving him. I'm really very happy. But do it very gracefully." She said, "Yes, I'll do that." I said, "Promise?" She said, "Yes." "Remember, if you do it very gracefully, then you'll know the art of leaving with grace. One day when you leave the earth this will help you. Because every action is experience. Therefore, just sit down, go in your room and think and plan how you can leave him gracefully. And after that do it with my prayer and blessings. And that is the last lesson and story I ever want to talk. So please don't bug me any more, don't call me. You promise to do it?" She said, "Yes. I'm going to meditate, Yogi." So she went to her room, she sat down, she meditated. And after a couple of hours she came and told her husband, "I'm not leaving you. Telephone YogiJi and tell him." He said, "No. He said, 'don't bug me any more' so I'm not going to tell him." She said, "No, you have to." So they had a fight on this. So finally he gave in and he called me. And when I was told that the guy's again on the telephone I said, "She has exactly learned, and you have learned nothing. She's not leaving you because she does not know how to leave you gracefully. And I told her not to bug me, and you give in again, and <u>that</u> is why she is leaving you. Because she doesn't trust you anymore. You do not take a stand and live to it. You should not have called me, even she would have left you." Remember those are remembered who break and don't bend! That's the law of righteousness. When your consciousness and compassionate heart tells you you are right, then darling, you are really right. And then right on, come what may, you will not move. Why should I move? Earth moves all the way. Have I to move? My whole surroundings around me move, why should I move. "The earth may move which already moves, but Guru Mohamud did not move." So when the teacher told him, "Go and spread the word of God," this man who will learn went to a huge big city - like New York type, you know, hustle, bustle, up and down, not knowing what to what. Hustle, bustle, up and down, nobody knows where is the town. You understand that little story? So he sat down. Some people came out for an outing. They saw a man sitting calm and quiet, undisturbed, unbiased, very, very nice. They sat with him, they went around him, they looked at him. But he never uttered a word. They looked and meanwhile realized they have sat down there without uttering a word like him for hours and hours and they have messed up their outing. But they felt something good happened. So next week-end he came, they came again. They felt <u>very</u> good. Next week-end they came again - they

felt really good. And the next weekend they brought their friends. They felt good, too. And friends brought their friends, and their friends. Year went by - this man never uttered a word. Because he learned patience pays.

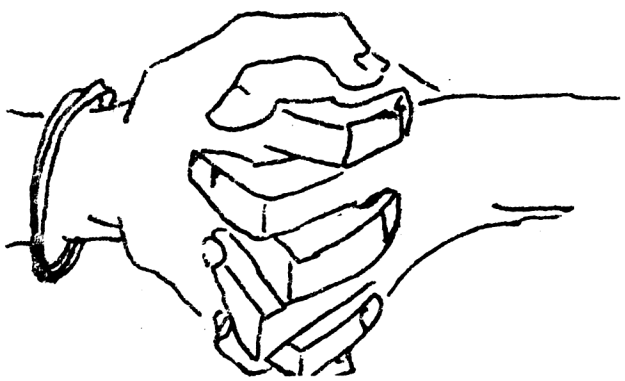
Those chatterboxes started learning not to chatter anymore. Non chattering bugged the telephone company. Their revenue started going down. They started investigating. They found out that there is a man who doesn't utter a word. And he has impressed people to speak less. Therefore people only make calls when they must. That's why the telephone bills are going. So now the telephone company started bugging him because they knew that people had developed faith on this man. So if this man will start speaking then everybody will again start speaking and their revenue start coming up.

So under the circumstances they tried to make him speak. They tried to create environments and circumstances that he should speak. But he remembered out of silence has come everything. If he just utters a word he will break the law of contraction. Then it will be a law of expansion. Then he has to utter many words. Finally the telephone company failed and then they publicly admitted they have failed. It brought more people. Like some people do not have television in their house or they pray it should get spoiled so the children may not see it all the time. I saw a mother saying, "Almighty God, give me a blessing. My television set's tube may get burned." The next day there was really something wrong - there was no television. God even did a mechanic job. You must understand, basically, logically, and deep in you, all your power and your only power is in your word. Never hurt anybody with a word and Divine will never let you get hurt, ever and ever.

This closes our chapter today on the word and its power of expansion and contraction and how it works. In the next lecture we'll expand it again.

MEDITATION:

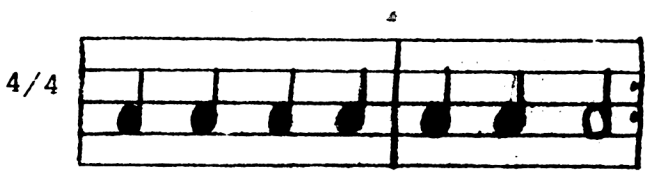
Now, lock your hands like this: Lock your thumbs at the neck of each other with the right thumb on top. It is always stronger but if you are left-handed, and your left thumb is stronger, put that on top. Stretch the rest of your fingers into the acupuncture points in back of the knuckles. Almost your nails should touch the flesh but not hurt it.



These fingers press the base of the palm so that fingernails do not get into the flesh but they press up to that extent. This is good to do for the central secretion of the brain. Sit with a straight spine. Now with absolutely good pressure in the hand lock bring your hands like a Zen master in front of the heart center. Now your hands become separate from your wrist. Wrist area makes the kriya.

Rest of the body only holds it. It's perfect, it's not difficult - you all can do it. If it's correct then it will create the feeling of a total separate area. Palms are pressed all the way together. And the thumbs are just holding each other very strongly. The elbows are parallel with the ground, so the body from the wrist to wrist makes a special section. The elbows make another special section, and the shoulders make the third special section. You should hurt at three places: in the fingers, in the elbows, and in the shoulders. These three points control the liver, the reproductive glands and the thinking power section in the brain. Go ahead, do it. Now meditate between the eyebrows at the root of the nose in this way. Eyes closed but looking downward. In this pressure, calmly and quietly saturate yourself, my love.

Do it nicely. You will be perfect and you will find a very charming sensation if you just do it right. Eyes closed. Don't hang on your shoulders too much. Relax them and they will start hurting you anyway. The hands should go parallel just on the nipples level so the arms should cross the chest or breast. It is a perfect posture. Meditate. In a couple of minutes it will do what it has to do. It can give you a power in the brain to act into a very deeper self-hypnosis. That it will do because it will activate secretions in a very beautiful manner. Please keep your spine straight. It looks very simple but it will sometimes bring so much negativity you can't believe it. Look at me in your heart. If you're heart is occupied by me it is not used and all problems are solved. Now in a very, very simple murmer you will chant ashtang mantra.



Sat Sat Sat Sat Sat Sat Wahe
Nam Nam Nam Nam Nam Nam Guru

Inhale, hold this breath, exhale and relax completely, let the lock be free. Relax your shoulders, please keep the spine straight, you will enjoy it. A little tingling if possible, if not it'll give you a good self-composing posture. If there is a headache and doctors tell you to take aspirin, do take it. But if you remember me do this. It will equally help you. It is good to use a drug under medical advice but it is good to do some sadhana under one's own advice. If you can hold yourself by your own practice for 31 minutes in this type of chanting in this posture that you did today, you can take your conscious mind into the

depth of the super-conscious mind, crossing the sub-conscious mind easily and nicely.

In this course all I want is that the cup of the moon in the head must turn over.

MEDITATION FOR MENTAL ENERGY

INTRODUCTION:

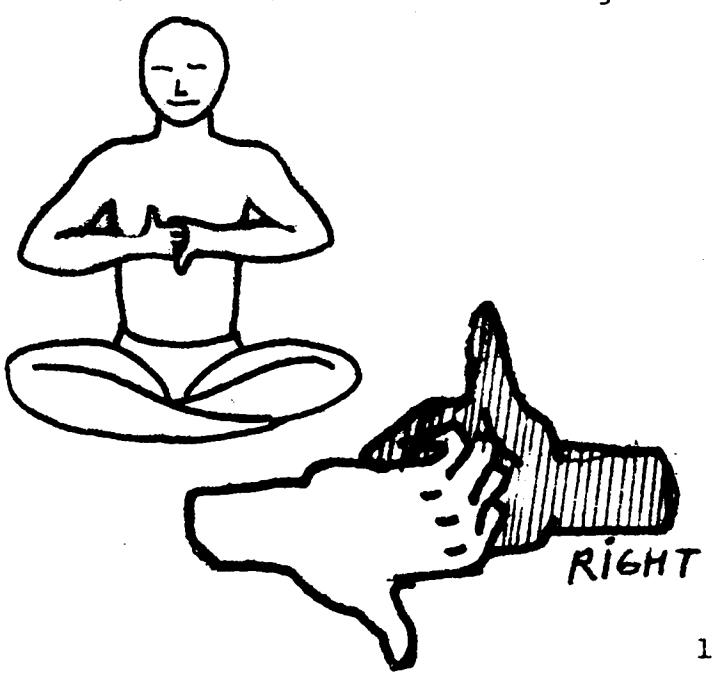
This simple series is very powerful if practiced honestly. In physics we know that current creates a magnetic field directly from the substance of matter surrounding the current flow. In man the substance is your body. Mind is your electric current. The magnetic field created is your aura or astral projection. What governs all of this is for convenience called "soul". It is a part of the infinite unknown, creator, consciousness we sometimes call "God."

If our projection is strong and in harmony with the universal fields we are happy and effective beings that glow with the radiance of our inner infinity.

This series will affect the mind through the power of the breath. It affects the power of our magnetic fields in relation to the rate of vibration of the psycho-electromagnetic field. Ex. 1 shows the power of this science of man to augment energy in the physical form. You must have this energy. If you have a constant energy from the Cosmos nothing can roll over you because you know who you are, and you are protected. It is called self-realization. You realize you are part of infinity and shall merge into that infinity. The body is your finite form. You are an infinite being channeled through a finite body. Tune to higher self, you are infinite and happy, tune to the lower self, you feel limited and unhappy.

Ex. 2, if done before the rising of the red sun, purifies blood and heart to prevent heart failure or sickness. The electromagnetic current through the arms balances your psycho-electromagnetic field and gives strength to steer course of destiny to the highest possibility.

In Ex. 3, meditate in radiance and honesty on the words you chant. Give a blessing to all beings.



MEDITATION:

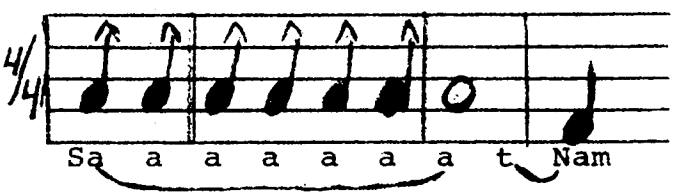
1. Sit in easy pose. Lock your hands at the center of your chest; the tips of the fingers of one hand rest at the base of the fingers of the other hand. (A) Left hand has palm out from the chest, thumb down. Then make fists so the fingers curl together (B). Press your thumbs back. Concentrate at the brow point. Now pull on the hand lock, then inhale deeply. Hold the breath and pull the navel and the extra pull on the hand lock. Repeat for 3 min.

2. In easy pose, raise arms to a 60° angle. Cup your hands, palms up. Stretch your arms as far as possible out from the shoulders. Feel the inflow of energy into the palms! Stretch fully, meditate on the hands. Pull the navel point firmly in to give your arms energy to keep up. Continue 3 min.

3. Meditate and chant in easy pose with hands in gyan mudra: God and Me Me and God are One.

RELAXATION SERIES

(Preparation for Doei Shabad Kriya)

1. Sit on your heels. Bend forward with brow point on the ground and arms stretched out with palms together. Do L.D.B. for 1 min. Then begin to chant the mantra SAT NAM in the law of tides:

Continue for 15 min.

2. Immediately stretch your legs straight and grab your toes. Do L.D.B. for 3 min.

3. Relax on your back for 7 min. Do not move. Be immersed in stillness. Let each section of your body relax. In higher consciousness you are infinite, radiant,

full of energy. Do not think. Let your thoughts drift overhead like so many misty clouds. Deeply relax.

4. With your eyes still closed stretch your body with arms overhead. Then roll your wrists and ankles and sit up. Put your arms at 60°. Cup the palms toward the sky. Concentrate on your palms. How much energy you pull in from the Cosmos is proportional to your concentration. Continue for 3 min.

COMMENTS:

It is difficult to be perfect in the art of relaxation. We live in duality. In our innermost self we were created perfectly. But by our own attachment we create a personality to oppose our divine personality. We push many thoughts in our subconscious and cannot expand because of fear: fear that this erected, false personality is all there is, and if we let it go we shall die.

The basic reality is the fundamental Truth to which a person belongs. It is that radiance that comes to a person's face when he is relaxed. Happiness comes from relaxation. There are two basic ways to attain happiness. One is the fulfillment of desires, but all can never be fulfilled. The other way is to realize you are part of the infinite. The universe is not beautiful without you; you are part of the beauty. If you relax about the unknown or God, 75% of your tension will go.

In the first exercise, the meditation on the name of Truth is powerful enough to change the body metabolism and body temperature. The second exercise stretches the life nerves and forces circulation. The deep relaxation lets you taste the realms beyond the body and the beyond in the body. The last exercise energizes your system's heart circulation and power of healing.

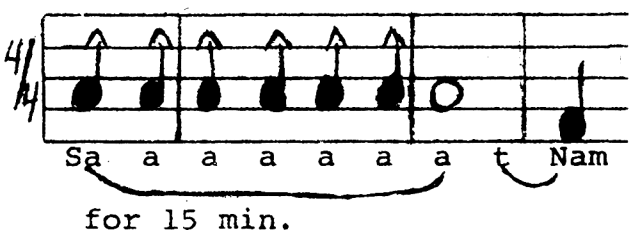
BREATH MEDITATION

1. Sit in easy pose. Break the inhale into 16 short parts. Resist each inhale slightly by making your nostrils smaller. Then exhale in one continuous breath.

The sound your breath makes is SAT. Let the breath and sound strike the bend of the nose as you keep breathing. Focus your eyes on the bend of the nose between the eyebrows.

Do this 5 min. the first day you practice. Then each day increase the time by 1 min. to a maximum of 31 min.

2. Sit in easy pose and chant the mantra SAT NAM according to the law of 7.



COMMENTS:

We must ride above reflex actions in dealing with our instincts, or we become less than men and lose contact with our source of higher energy, integration, and inspiration. If we are to find God, the Infinite, we must first stop looking for Him and find ourselves . To find ourselves we must first value ourselves and the life energy that sustains us.

A person who begins to meditate on breath begins to value life because breath is the active link between God and Life.

Through this breath meditation you realize your grace and you don't need to find God: He will find you. The heart center opens and your consciousness is altered. It's a journey of consciousness which you need not come back from.

CONSCIOUSNESS WHEN YOU ARE ALIVE OR WHEN YOU ARE DEAD

UCLA - September 28, 1973

Tonight we are going to discuss consciousness when you are alive or when you are dead. Basically, the truth is a person is never alive. This is known as the polarity of consciousness. What I am going to talk to you tonight I'll talk very slowly.

Now you have to understand the situation and without understanding this basic situation, you may practice spirituality and go on different spiritual paths, study with all the spiritual teachers, and stand on your head or on your heels, it does not make any difference. You may have 20 gurus and 36 masters, whatever you want to do. This law of polarity of consciousness has to be understood basically for one's own self before one can proceed on anything. None of you is alive and none of you is dead. Now this has to be proved tonight before you can proceed on anything otherwise if you will not be made to understand it, know it, feel it, experience it, further study does not mean a thing. You are not alive to what? You are not alive to your consciousness. At ANY time you are not alive to your consciousness because you have not been physically tuned in to a state of consciousness. And at that moment the sequence must cause the consciousness, so you must get an experience. You are subject to time. Time is changing, so things are changing and you are changing. Actually,you are a basic value. So there is a difference right there and then. You are dead because you are not alive to your consciousness. But when you face the sequence and relate to the consequences, and when you surmount the consequences, you become alive to the dead end of the consequences. You die but you never die; you are alive but you are never alive. This is the sequence and consequences of yourself.

Now how can you change it? This is what it is; it is this way with everybody. Nobody can be an exception to this law until one knows how to levitate himself. And this levitation is not physical, so that you sit in cross leg position and six feet above the ground! Your levitation is when you look at anything and you are not in it. You hate but you are not in the hatred; you love but you are not in the love; you speak but you are not in the speech; you are silent, you are not in the silence. Because you in action is not you in direction. You are two. When you come into the action you do not direct yourself; when you direct, you don't act. You must remember this law: whosoever shall be a commander, he shall not be fighting at the same time, otherwise he can't command. You sometime bug and get bugged. "Oh, that man is not working the same as I. I am working all the time, he is not, etc." You know all these little dogs I have got? He does "wha, wha, wha!" all the time. That's very good of him. He loves,

then he barks. When he doesn't love, even then he barks. When he wants to communicate he barks. That's all he does, period. And sometimes I see most of us we do the same thing. We never plan; but we are human beings. Our word can cut through the destiny. How can we do that? Do you feel the purpose of life is to be happy, and there's no purpose without this. I don't agree with you and I shall never agree with you even if you convince me and beat me up to that. I will never agree! The purpose of life is to find God? Forget it. That is the biggest lie I have heard and that is the biggest lie people speak. No purpose is to find God. Why you have to find God? God has already found you. You are here because of Him. What a surprising situation - somebody wants to find God - for what? What are you going to do with it? He is not a coconut that you are going to eat. God has got nothing to it because actually you bug God so much that He got rid of you and sent you to the earth. Just as parents send the children to nursery, to kindergarten, to school. Get rid of him for six or eight hours and they feel that the child will go and get some wisdom. There's a satisfaction, right? So God wanted to send you for sixty or eighty years to the earth to get rid of you; you were bugging Him too much. So why do you want to find Him? When the mother sees the child coming home, she sees he has done good work, the report card comes from the principal saying the child was fantastic at school, the parents are very happy. They feel all the money that has been paid has not been wasted. Right or wrong? All the driving in and out has done good and they love the child. Then they give him a present. That is all about God. When you were put on this planet, He will see what you have done here in the class and that will make Him happy or unhappy. There's no other problem. He doesn't want you at all now.

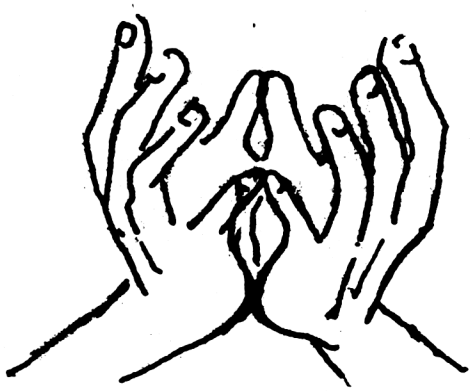
Now why meditate, then? Why do we chant? You know why? We want to relate to the infinite cosmic energy in us so that we can face the sequence and the consequences, so that in case a death cramps on us we may survive and be alive again. Because happiness is liveliness and radiance. Happiness is liveliness; liveliness is the spirit of the being. Other tricks won't work, my dear sirs. They will put you in a mud. When a man is caught in mud you can't swim out; there's no way. When you are in mud all you have to do is free your legs and hands and roll out. If you can make it, fine; otherwise there's no chance. More you like to come out of the mud, more mud will take you down.

Our problem on this earth is a very simple, honest problem. You know you go to the movie? What happens to you? You get involved in that movie; you totally forget who you are, what you are, why you are and all that. When you come out you know what you say? "Oh, who made it, and how good or bad it was," and the whole thing. But when you were there you were totally there. You were nowhere else. That is what this planet earth as experience is. You are here, you forget from where you come, who you are and where you have to go. This maya is so beautiful.

Problem is maya is beautiful, so you should be equally beautiful. If you know you are equally beautiful then maya won't hurt you. And if we are to quit, we say, "Whaaa, I'm quitting. O.K., fine, you know, I was beautiful, this world was beautiful. Thank you." But no, you start yelling, screaming, crying. You don't want to go. It is surprising to me that you don't want to come on this earth and you don't want to go from here. This is a strange state of affairs. That is a highly simple situation which you can talk about. When you come on this earth, you cry; you don't want to relate to it. You are upset about it. When you go, again you cry. It is a very honest statement. Everybody wants to know the truth but nobody wants to face it. So if you want to keep alot of friends, never speak the truth.

Normally truth is a very powerful weapon. Somebody said once, "What is that thing which people love most but people cannot have it?" The sage answered, "Truth." Why? Because truth is nothing but a universal mirror through which you can see yourself right away. And truth is such universal vibration it will go right into your heart. You may like it,, you may not like it - that is your problem. You may admit it, or you may not admit it, but when somebody will speak the truth you will acknowledge it inside right away, "Yes, it is." Then you will ask, "Oh, my friend, Miss Intelligence, where is my intellectual self? How can I argue, and how can I bail myself out of this?" That is where your ego comes to your help. When a person develops a habit to bail himself out of the truth he brings unhappiness to his life because truth is his radiance. And once you know how to slip out of the radiance, what will happen? Dullness. Your life will be practical nothing but a dull life. Now there the consciousness cannot relate to you and you cannot relate to it. NOW you have to do something. What is that? Then you must drink booze. No, no, I appreciate it. Now don't misunderstand me. If a person cannot drink the nectar within himself he has every right to go spend seven dollars and buy Black Velvet or White Horse or anything else. Why should I object to it? I say, if you cannot find your spirit, find flesh somewhere. It is ridiculous to tell you, "Don't drink, don't eat this, don't do that" and you have no substitute for it. It's terrible. It's not honest. It's absolutely not honest. You must find nectar inside, and the method must belong to you so that you may not have to spend six dollars. You should get it every time. It is within you. Otherwise a person has no right to tell you, "Don't do this." Why not? It is against the natural principle of a human being that he should be jammed not to do anything. I have seen very many teachers telling someone to meditate. He says, "My wife has run away." Teacher says, "Meditate." Has that fellow mastered meditation now so much that he can create the whole psyche around him when needed? He may not even know how to write and spell meditation. But he is told to meditate! That is terrible. Tonight let us do a little meditation and see whether it works for us.

MEDITATION: It is called "Meditation for Idiots." I am not kidding with you; that's the name of it. Mahar murca, that is the name of it. Even the one who is the greatest fool can have the experience with this. Now this meditation is going to work whether you are a wise man or you are a fool. It doesn't mean a thing. It has its own beauty. But there are certain requirements. You know the lotus of the hand? Sit straight, with a straight spine.



Once you get into it you're not supposed to move under any conditions. One should be very truthful with oneself. Just set yourself in a couple of minutes and we will do it. Once you get the experience a little bit, then we can develop ourselves much better and much further. Because this semester whatever I'm going to teach is going to be a little practical. I have loved you long, long time and loved you very well. Now I think time has come that we should work it out. Friends, it has become a tragedy. Four years I have taught Kundalini Yoga - still people have not proceeded from second chakra onward at all. This is a practical joke. That is heavy, isn't it? Well, tonight we will take care of it. You will have an ejaculation in your head! I'm not kidding. Set up your spine straight. Make a lotus of your hand like this. Make lotus of your hand exactly as I have done it. You have to be totally like a carbon copy. Later on don't blame me for anything, that's what I mean. All set? Before you can fix your eyes, set your front teeth over each other, not under each other. Tips onto each other. Front tooth over the lower tooth. Now close your mouth. Don't show me your teeth. Close it, and let your eyes look at the tip of your nose and in the head circulate the mantra Sa-Ta-Na-Ma mentally. Eyes get fixed on the tip of the nose, hands get in front of the heart like a lotus, front teeth get together and all of you get into that meditation. At the point which is eyebrow and the root of the nose, let Sa-Ta-Na-Ma blare out. These few minutes will be not forgettable in the whole life. Once you get into that painful stage it will be three to five minutes. Once you've

crossed that you will never forget what you have done tonight. That's what I want you to do. There'll be a very great heaviness in the forehead, and the temples will become painful, and center of the head will start dripping. Teeth will like to slip from the lock, and your mind will like to curse you to get out of the room as fast as you can. But you have to fight it back making it a point that tonight is my night and I must do it the way I have to do it. Don't worry if the energy starts moving through the spine or through side of the temples on the top of the head, or if the forehead becomes heavy like lead. These are all possibilities. Breath will become uptight. Because whichever center of energy is blocked is going to create alot of problem at that point. People spend incarnations and incarnations to ask for the experience and blessed is the house of the Guru where it is given without asking. Remember the front teeth must rest at each other. Inhale, exhale, relax. Start with a few minutes only with maximum evolved time of 45 minutes.

We are going to develop a crop of people who can go into a very deep trance at their will and can know what they want to know. Before I personally give my individual touchup, we would like to practice certain exercises and certain practices towards that, then when majority of the cases will be right, then we'll give you the individual tidbit of it. And then you can practice and see to what extent we can go on this.

Basically meditation is not painful. Meditation is something which can make you to understand that you have been living an uneasy life. When you meditate all uneasiness which is physical and mental must appear - that is the law. Meditation is mental cleaning, and all garbage must come out. Some people freak out; when they meditate hearts come to them; they don't like it. That is very weird. It is only a good meditation that causes ALL the garbage to come out. When you meditate all the thoughts must come out. All that comes in meditation is then cleaned out. It will never be then stuck in your subconscious mind at all. That is why it is very essential to meditate each day, and meditation must later on not be considered complete without chanting the mantra because you must rebuild the base of consciousness from the start. That is why in every meditation we have a mantra. As far as we are concerned we meditate on punj shabd, five notes, and Sa-Ta-Na-Ma is that word.

MEDITATION: There is a mantra: "Wahe Guru," the mantra of ecstacy - THAT I would like to practice tonight.

Put your hands together palm to palm in the center of the chest. The rib cage is closed this way. Your forearms press lightly along the ribs following the level of the diaphragm. I tell you even a saint came to me and I had a huge respect for that great Sikh saint. I asked him, "What I can do for you, sir?" And he said, "I found you out with one reason, I want to learn from you Wahe Guru mantra." I say, "God, what is wrong with you?"

Now this is how this Wahe Guru mantra is chanted. Now I'll personify it in a number of ways. It is not my mantra, your mantra, a Sikh mantra, a Hindu mantra, a Western mantra, or an Eastern mantra. Mantras do not belong to jurisdictions. They belong to people who want to reach that vibratory note of the state of consciousness. That's what we are talking about tonight.

The first stage of this mantra is to make your breath inhale four times and say Wahe Guru mentally each time. In one complete breath you say it eight times, but you can't talk; you have to breathe with it. You inhale four times and say Wahe Guru four times, and you exhale four times and say Wahe Guru four times. Mentally! You will sweat! Breathe through the mouth. It is one continuous breath; you inhale in four strokes saying Wahe Guru. The tip of the tongue is used in this inhaling, and the tip of the tongue is used in exhaling. Breath goes inside in four strokes; on each completion of the stroke you say Wahe Guru, and on each exhale you say Wahe Guru. Now this mantra cannot be chanted. I cannot chant and tell you, that is the secret of it. You know, they say word of God cannot be said? That is what it is. I know how to do it, I can tell you how to do it, but I can't demonstrate it. That's the problem. I can only go like this. (demonstrates) The eyes come to the tip of the nose automatically, whether I like it or not. The tip of the tongue feels the air going inside and coming outside, but doesn't curl. I can guarantee one thing: whosoever can practice this mantra one hour ev - ery day, he cannot have any blood disease, come what may. Almighty has to find a different way to kill him; there's no way. 108 times if you chant this mantra the entire blood in the body is purified and oxigenated. This is the required law with it. It is very powerful and very deep. I don't want to make a claim but there was a person who had no hope whatsoever. According to him the doctor said, "Good-bye to you" in three months time. After a month of practicing this he went to doctor and the doctor freaked out. He became the healthiest guy. But he did it as a last resort. We'll do it only for 15 minutes from this moment onward and see what chemical, physical, mental changes our bodys and our heads go through. Now do it honestly with a straight spine and it will freak you out. But, keep up. Practice the rhythm. Rhythm must be practiced. Inhale, exhale. Relax, you need a rest. You have done a good five minutes. But that does not mean we're going to let you go. Idea is simply to experience that between you and God, between you as creature and the Creator, there is only one link- that is the breath of life. All the glandular system, when the blood gets the proper oxygen in it, starts relating and becoming young. Age is old; body's weak. When more oxygen goes, and the

blood goes circulating it, it looks like you are not in this world, but it takes 40 days to regain your old, old youth. Question: "For the 40 days, are you to do it one hour a day?" Answer: No, no! You are to do it 3, 4 or five minutes, then have a rest; then do it for five minutes, then have rest- like that. It is impossible for anyone, however great he is, to do it for one hour together straight. Impossible!! It will totally wipe you out. There is no anesthesia required for you, you'll be out all the time. It has to be done with a break. Do it, then break, then do it, break. And after 15 minutes it is impossible for anyone to look like that. It reaches a state of consciousness sometimes that while sitting at one place you know what is happening in the entire universe. But it is required of you not to open your mouth.

These things do fall in the way, but they are not important things to just waste your time. Your time is to keep doing, keep doing, keep advancing, keep advancing, till the perfection comes to you. And even if perfection comes to you, ask perfection to give you the power so that you can share with all. If you want to know a thing, read that; if you want to learn a thing, write that; if you want to master a thing, teach that. That is where comes the mastery. To be rich, to be an authority, to be beautiful, to have a command, to be poor, to be ugly, nobody acknowledges you- doesn't mean a thing. It is the radiance of the soul in you that matters. There is a proverb which you must remember: "Where sits the man, people shall mark the way. If you are a man of any virtue, any value, you need not go to people; people shall come to you." I am using the words "shall come to you." But you must have that perfect value, and you must be compassionate to share it with all. Highest man is he who can just be uninvolved in every involvement. Once people will hear your reputation that you are very, very neutral in your personal affairs, in people affairs, in all affairs, you have not to run a campaign for yourself- all will love you. Because then people can trust you. Trust only comes when you trust yourself. When you trust your dignity you will always be dignified; when you trust your love you will always be loveable; when you trust your beauty you will always be beautiful; when you trust your greatness you will always be great; when you trust your nonsense, you will always be a nonsense; when you trust your idiotness, you'll always be an idiot. Whatever you trust- "faith moves the mountains, otherwise stones are heavier." Whatever you trust in you, you are, and you shall be. There is a very beautiful mystic saying, "There are a lot of channels and there is a key to open any lock you like." You want to become a saint? Start trusting you are a saint. You will become a saint without any botheration. You want to become great? You start trusting greatness in you; you will be great.

France bows to Casabianca, a nine-year old child. They call him the child son of France. On his day entire France bows to that child. In the port of Alexandria when the great French ship caught fire, he held the French flag and died with it. That's all he did. Everybody

asked him to bail out. He said, "I am the son of France. I will not see the French flag going down." And he stuck to that mast and everybody saw the ship going down but the flag kept flying all the way as it should be till the flames totally engulfed him. But his skeleton got so jammed under his will to that staff that the flag steadily kept flying and the whole world saw it. Now, wherever on earth there's a Frenchman- they bow to him. Because that little child believed that the French flag was his duty, and his greatness was to keep it flying, whereas all the experienced captains and the staff and the men, they left the ship. That is where grace is. Where you believe there you will be. There are many facets of your life and on any facet you meditate you will be that. You are required to leave something on this earth. Therefore you must create some energy. That energy which will be useful to you while going from this earth and a little bit of it which you leave behind will be enough for time to follow.

The coming time, the Age of Aquarius, which we all are going to go through, shall be an age of wisdom, age of peace, age of knowledge. It will be age of sanity, not of insanity. But that does not mean there will not be insane people; perhaps there'll be a majority of them. There'll be a lot of people like vegetables. There's going to be a tremendous responsibility on humanity to work things through. From 1976 to 1988, a period of depression of the mental mind will be so heavy that this world with open mouth will look to the sky.. Humanity has to be given knowledge now to prepare against that time. It is the call of the time we all are trying to prepare ourselves for. It is no gimmick. We are not running for something; it is not election. It is to meet the emergency in the future that we must train ourselves. Man must learn the art of meditation to hold his consciousness consciously under his own control. I must be conscious that I have consciousness, and I must be conscious that my conscious energy can always vibrate to the direction which is righteous. And I must be conscious what is righteousness. At that moment of action I must not sit down and decide what is right and what is wrong. It will be a total waste of my personality and my energy. I must decide at the spur of the moment what is righteous and what I have to do. My action must prove it. You mean to say Jesus never knew that he could run away from that garden and nobody can catch him? Was he not aware that John is a very good swordsman and he can very well defend him? He had the intention to prove it and he wanted to stir up a situation. Exactly same example is available when Guru Teg Bahadur himself went to the emperor to get beheaded. When the emperor said, "I can convert everyone!" he said, "No, you can't." He said, "Why not?" He said, "You can't convert me." Emperor said, "Why not?" He says, "You are a man, I am a man." Emperor did whatever the tragedy humanly possible was but the guru smiled. In the end the emperor said, "You are a man of God; I want to spare your life." He said, "You want to spare my life; I don't want to spare MY life." He said, "Why not?" He said, "You have taken a vow that you will convert

everyone to your religion through the sword, right? All right. You use your sword; who cares." He told him, "I'll give you half the kingdom." He said, "Who cares?" "I'll give you this." "I don't want it." He said, "You just say you are a holy man, I'll let you go." He said, "No." He said, "Who are you?" He said, "I am a man. I am a human being. I have the right to practice any way to worship my God. That is all." He said, "Do you agree with my path also?" He said, "No. Everybody has his path. You don't want to love me, you want to force me. You are telling me do this or that. I don't agree." The emperor insisted that he must see a miracle; otherwise he must die. The guru said, "All right. Kill me. You will find the miracle." So the date was fixed. Guru sat down calmly; the man came, king had issued the decree. Guru was beheaded. Before that there were five Sikhs with the guru- one was boiled and the man who was boiling him in the water wanted to put a cover on the pot. And this man, Deala, said, "Why you want to do it?" "Fool, it will be easy for you. You are boiling in this boiling water; all I have to do is put this thing on, steam will kill you." So he thought it would be very human to just cover that big pot in which this man is being boiled and it will be easy on him. He said, "No. Let me keep looking towards my guru, and let me keep boiling myself. I enjoy it." He said, "What kind of people are these?" He said, "We're just people. Don't you understand we are being boiled and we are happy and we are chanting? Even you who's doing it, you are freaking out; and we, who are in it, we don't. Don't you understand the chain of consciousness?" Then next day they tied Matidas. They tied him in the two pieces of wood. And they took a saw and went through him all the way and told him, "How do you feel?" He said, "All right." It is a recorded history fact. Like this they tortured all the five people; and all the five smiled back. What MADE them to smile back? That is the question. Because they knew to get the nectar from within. They were not the great soldiers of a great leader who were trained to fight on booze. They knew the nectar within so they can get high on the nectar within. They knew the art of shabd; they knew the art of meditation. They knew the art of devotion, they knew to have the dignity, they knew to live with integrity, they knew to live for righteousness. They KNEW it! They never saw the billboard, "A great man comes to the Black Velvet at home." Rather their insignia was, "The great man relates to his soul, and soul is his home." They knew it. So when Guru Teg Bahadur said, "All right, you want to cut my head. Go ahead, you will find the greatest miracle then happening." They found a little thread and with that a little paper on which was written, "I am braver than the sword; I never felt it." Now that paper was given back to the emperor. He freaked out. And that was truth. Because only you can convert a coward. You can never convert a man. MAN can make GOD to change, God cannot make a man to change. This is a cosmic law, but provided man is a man. Key can open the lock; lock cannot command the key. How little this creature is! It has the power to order the Creator. A button can switch the entire light;

light can do what- tell the button to go on and off at its command? It can never happen. That is why they say when the disciple is ready guru will come. That's what it is. Unfortunately today people know everything but nobody tells them what is everything. It is too dangerous to know everything. One must know what one has to know first. Thereafter you know everything, but that doesn't mean a thing. In our consciousness we have never learned how to relate to our consciousness. In our training we have never learned where our soul is. In our meditation we have never learned where to meditate, what part to meditate, what it does to you. A guru came, a disciple said, "Give me a mantra." He gave energy or something. He was satisfied. Never he asked anything nor he told anything.

Now I tell you today something and listen to me. Before you chant any mantra there's one problem you must know. And don't blame me that I never told you. Have you seen Ganesha, the elephant god? Have you seen that? Well, Ganesha is the elephant god. He looks like a big fat human being with an elephant head. He's the son of Lord Shiva. I'm talking to you of mythology. Now that god Ganesha, he has one rat all the time sitting with him. Now the mythology says this huge lord, Ganesha, travels on the rat. Let me explain to you symbolically. Ganesha means a man with elephant head. Elephant is the symbol of patience and wisdom. So Ganesha is the god of patience and wisdom. He controls Jupiter and Saturn both. They are the two biggest gurus. He's the diety which controls Jupiter and Saturn, and the rat depicts the plague. So the polarity of that lord deity is that rat. You understand? Now, if you worship on Lord Ganesha either you'll become Lord Ganesha or you'll become a rat. No way out. If you worship Lord Krishna, Krishna means darkness. His polarity is Rada, the gopi, the female principle. Either you will become totally liberated because of Krishna - darkness - shunia, or you'll become a woman. You worship on Lord Rama - Ra Ma, sun and moon both, either you will be totally liberated or you will come and become a man and go through the whole hassle again. That is why in this Kali Yug, because action has equal reaction of polarity, therefore you must chant to infinity. Either you become infinity or you retain your finite. Why to become a rat or a cat or a deer or this and that. That is the principle involved. I must meditate on infinity. That is why we meditate on Ad Shakti. If you meditate on infinity, you will become infinity. If you will not become infinity at least you will retain your finite. Therefore when you chant a mantra be careful what you are chanting. When you meditate on a deity either you become a deity or the polarity of the deity. But of GOD you are the polarity. God is infinite, you are finite. That is why when Guru Nanak started chanting Om, he added with it a word, Ek ONG Kar, Sat Nam, Karta Purkh, Nirbau, Nirver, Akal Moort, Ajuni Saibhang, Gurprasad. He defined the god with all its facets and then he said, "It comes from the Guru." And then he answered. He never left to anybody. He said, Jap - meditate. Ad Sach, Jugad sach, Hebi Sach, Nanak hosi be sach.

'Meditate. In the infinite He was True; through the time He was True; now he is True; Nanak, True He shall be.' If you are a lie, and He is Truth, either you will become the Truth or you will retain what you are.

We'll continue this series of this meditation and meditative experiences through the vibratory note and the physical efforts to go into a state of trance and make it so easy that we can go at will and come back without asking for special health or environment.

UCLA - "WHY I COULDN'T MAKE IT"

Tuesday- October 2, 1973

Tonight we'll talk about a very interesting subject: "Why I couldn't make it." Now in every human personality there's an urge - and a very powerful urge - to know the reality, to expand oneself, to feel, to serve, to love, and to grow. These are natural phenomena. If somebody tells me that Mr. A. cheats, I will tell him that's not true. He will say, "Why not? He's exactly doing this, this, this, this, and this which proves that he's a cheat." Actually the reality is Mr. A. is cheating himself because he's unable to extablish communication. Every action, direct or indirect that a person does, it is only meant to establish communication. However neurotic, idiotic, foolish an action somebody commits, ethical, nonethical, legal, illegal, the total idea is to contact or create a communication. A basic habit of everyone is to create communication. You may see a funny guy going in the road; it may look funny to you but he's trying to establish a communication. If you are well directed, if you are well aware and you have the power to sacrifice, that is the highest power with a man. Power to sacrifice is the highest gift of an individual. There is no gift equal to it, and if one can sacrifice then one can direct his energy toward a positive communication in direct and indirect terms. That's the beauty of it. But if you are ill-directed, you are self-centered, you do not have power to sacrifice, result will be opposite. There is no man yet born on this planet who's ugly, who is criminal, who is negative, who is weak, and who is sick. These are all acquired, features. Do you honestly believe, or do you really know, that it takes the equal amount of energy to become ugly and exactly the same amount of energy can make you beautiful? The same amount of energy can make you speak truth, same amount of energy can make you tell a lie; same meditation can make you a thief, and same meditation can make you a yogi. There's absolutely no difference. And before energy there is nothing positive, nothing negative, but only the channel on which it runs. Universe is a balance between itself. Positive balances the negative; good balances the evil; high balances the low; self balances the non-self. You cannot sacrifice if you do not know the self. If you do not know the self you can never know the selflessness. Without knowing the self you can never be selflessness in a state of selflessness, which is the highest state.

For any individual to grow there's a fundamental requirement: you have to be positive. While growing positive you can totally become negative. That is to say one must have a teacher; and that teacher is nothing

but a guide, or you call him a guru - that doesn't make any sense. One must have it but one must have a guru or a guide or a teacher which must take him to the destiny where one should untimately be. And it is very important. Once you select a wrong teacher you will never make it. That is a law. You can never get out of it. Because a wrong teacher is just boarding a wrong train. One should be very, very, very careful. Once you board the wrong train it takes you exactly where the train has to go and you cannot get out of it. On a freeway you just miss that turn to exit and you know what a round you have to take to come to that exit again? Everyday we do these mistakes. That one mistake cost you couple miles and a huge round. But if you do not change the lane at the proper time and you are in a wrong lane either you are going to cause an accident or you have to miss the exit. You know the exit is right there. You know you should have quit it here, but there's no way. The onflow of traffic will lead you all the way further. That is what life is. In your life if you decide that you are a finite and you have to become infinity, you have to experience infinity, you have to merge in infinity, you must follow the instruction from the one who worships the infinity, who experiences the infinity first- he will take you there. But if you get stuck on a finite being, you are finite, you will never make it. Don't blame yourself that you couldn't make it, blame it on your wrong selection. You got into a wrong boat. Your desire is honest, your intentions are good, you are a good being. There's no way to tell you you are wrong. You're all beautiful, you have the same energy, you have the same divinity, you are beautiful, you want the same thing, your intentions are the same, your longing is perfect. You are O.K. To tell you, "You are wrong" is wrong. It is very wrong. But you got into a boat which is sailing toward the wrong direction. You are going to go to Europe, but you got into a ship which takes you to Japan. You can get out at Hawaii but when you get out at Hawaii then come back to San Francisco and then go all the way to New York it seems ridiculous. That is the same energy you were allotted to reach London. Time is lost, you are lost; then you still have to make it. That is where people got into the law of regeneration. The desiring mind - desiring mind to make it - recycles the soul into that powerful desire because law is simple - it is a law of cosmic consciousness: I am a finite being; I must experience the infinity. I am known; I have great unknown. Until I will not experience that unknown I will go into the cycle of birth and death. Each night I get up each dawn brings me a message, each day I work it - I get tired without completing my work. I sleep to get up again to work. I get up again, I am powerful, I want to make it, I work hard, I do the whole day - still jobs are unfinished. And then night comes, I am tired, sleep. I again get up. I go through this cycle every day. I cannot leave this earth until I am finished. The only characteristic, the only advantage and benefit of the human body is meditate on God and don't forget it. If you aim correctly at infinity you will leave unto infinity.

Saint Kabir once went to a rich man. He said, "Hi, SaintJi, come in." He said, "How are you?" He said, "Very fine." He was a perfect American, Lots of money, lots of comforts, sitting beautifully. He said, "Why have you visited me?" He said, "Just to remind you that you should sometimes meditate." He said, "I don't have time." He said, "Why not?" He said, "Well, I sit late at night, I have to check my cash registers and all the money till it becomes quite heavy. Then I sleep. Then I have to get up a little late and by the time my clients come in and I have to deal with them and so forth and so on and I don't have time." He said, "Well, on a week day you should compensate." He said, "How's that?" He said, "On a week day go to some congregation with all the people, good people where they praise the Lord, you sit among them. Humble hourself. Experience something beautiful and that will make up." He said, "No, no, no. There are very ugly people, very low people that smell alot. It's not fair to go. The environments are not good. No, no. I can't go." He said, "Well, why don't you make your own temple, your own place and invite people. That will make it." He said, "No, no. That's a heavy expense and a heavy responsibility. I can't do that." And Kabir said, "O.K. Thank you." and he walked away.

After a couple of years, in a village Kabir stopped. Then he wrote this shabd. He saw a bull, an oxen, tied down to a churning wheel, which was crushing mustard seeds and making oil and he asked the owner, "Could you relieve this oxen, this bullock. I want to talk to him." Now that man recognized Kabir. He said, "Thank you, whatever you say." He stopped, released this bullocks, and Kabir took this bull away, in privacy. And he said, "Oh rich man. How are you?" With his vibratory power he gave him the power to answer. He said, "How are you? Now you want to chant or not?" He said, "Yes." "Now," he said, "you can't chant. You have a long big mouth. Now you cannot bow to anybody; you have horn on your forehead. And now you cannot stop. All the time you stop you are beaten up. And now you go around and around in the circles on this churning wheel to make oil out of the mustard and you never praised the Lord when I talked to you. I went to your home, you never had the time? Now you have all the time and there is no way. How about you?" Tears came out of the bull's eyes. Kabir then wrote a shabd there. Kabir went into such an ecstasy of consciousness, he wrote a shabd right there, and he narrated the whole story. He said, "Oh high man, there was a time with you to meditate and praise the Lord all the way. But you told me you didn't have time then. Now you want it. Now that power has been taken away from you. Power of shabd is only given to a human being. Sat Simran, to meditate on truth; Sat Sang, to sit in the congregation of the holy; Sat Bachan, to live unto the truth of one's own word are the three qualities of a good human being." Sat Simran, Sat Sang, and Sat Bachan. They do not belong to animal kingdom, these qualities do not belong to birds, these qualities do not belong to trees. Only a human being is capable to attain these states of con-

sciousness while he's alive.

Sometime you ask me and I will love to answer you who is spiritual. Spiritual is that person who has a lot of infinite spirit when he is alive, he is radiant, he is tolerant, he's shining, and he's absolutely stable in his equilibrium. Once you can catch up with your spirit it may look like a lie to you. Once you feel your spirit, once you realize your spirit, that day you realize how beautiful you are. Then nobody can change you. It is such a beautiful experience of ecstasy of consciousness that anything else may come up and may happen, you will not give up. But once you must experience that. Without that you are just trying to be so. Sometimes the mind is so unclean that you do not see the beauty, the reflection of your infinity through your mind. You must understand. One must die so the other can live; one must give so the other can take. The Law is a law of equal balance. Flesh must die so that the spirit can free itself. People say, "How can I detach myself?" You can detach yourself when you are not selfish and you are not individual. You are free. So long as you are individual you are not universal; when you are universal you are not individual. It is a very simple thing. When you live for others you do not know how to live for yourself, then the whole universe lives for you. It's a great trick, but you have to start. You have to begin and if you do not experience in your life the beauty, the charm, the ecstasy of consciousness to live for others you will never enjoy even to live for yourself. Because when you live for yourself you want others to live for you too, and it can't happen. If there's a rich uptight man, have you seen a lot of people going to him?

You must know the art of giving. If you cannot give anything materially you can give a smile. Now you can bet with me, start giving a smile to everyone, everyone. you'll be known as a smiling being. And start giving abuses to everyone, you know what you will be known as? Be uptight with everybody - you will be known as Mr. or Miss uptight. Be relaxed with everyone, people love to talk to you. If you experience relaxation, if you believe in relaxation, if you are a relaxed being, then all it takes for you is to just talk to somebody and that person will be relaxed right there and then. If you know how to heal yourself you can heal everyone. If you know how to laugh yourself, you can make everyone laugh. If you know how to be good to yourself you can be good to everyone. You know this is a full human shape. You want to be important. Majority of the people live in their own way. But if you live in God's way people will start saying, "Hey. What is happening to you?" Lot of artists, lot of philosophers, lot of saints - all those people - they live and look like us. Now question is when you have this type of shape and you don't have a heart of that universal consciousness in you, then there's a duality. When you have a complete self then you must have a compassionate heart, then you must have a universal consciousness, then you must have a love for everyone. And if you can establish that in human form then all the doors are

open for you. Those who cannot make it on this earth they cannot make it in the heavens. Spirit has to go, body cannot go. Body's a vehicle. And those who do not know where spirit is on this earth planet, how do they know where the spirit is beyond this? They can't direct. When you cannot direct your spirit you are lost. We have to learn to direct the spirit right here and now. We cannot limit ourselves. It is four years, five years ago when I have started saying to everyone "Listen to me people. I come here to teach. Learn from me as much as you can and become a teacher." It is the last cycle of the human incarnation to become a teacher of truth, to become a teacher of infinity, to teach awareness to all the people who come in your way, and to teach free like sunshine. You are sunshine. You can teach truth if you know you are a truth. You can teach compassion if you know what compassion is. You can sell anything you like provided you have it. It is difficult to sell wood and say it is iron: it will never work. Mercury cannot be sold as silver for a long time. You will be successful only for a short while. White cannot be red though the white has the red. You can experiment. You can put all the seven colors on a disk and rotate it. You'll find a great white halo. What made those seven colors to blend themselves? The motion. White is the color of the motion - it can blend everything. That's why it is a very difficult color to wear, to meditate on, to live in. Because on white the little spot can be evident. Sometime you will be surprised when you wear white clothes for one week you become very uptight. Because then the white color started reacting on your body, on your sight, and on your self-consciousness. Then you want to bail out. You know when people go gray, white, silver white? Go and talk to somebody. Find an old man that may be be in silver grey. You'll talk to him for a couple of minutes. You'll be surprised where he'll sneak in the God.

Once I was told that there is a gentleman who lived all his life as a criminal. But ill luck would have it he was never punished to death. So he was coming out of life imprisonment and I took a chance to go and see him; I wanted to talk to him. He went into jail and once after another, once after another he started visiting that place when he was 14 years old. And he came in and got 7 years imprisonment on one account, then he again went in, he got 20 years, then he came out then he got another 20 years. There was no chance. Finally when he was released he was 64. So it was a chance for me to talk to this jailbird. I met him. I was so surprised. He was talking Scriptures - to me it looked like I am talking to a saint. Then out of curiosity I said, "At what age did you change?" He said, "When I went into jail last time, one day I was brushing my teeth; I was looking in the mirror but the mirror had a crooked surface, so I looked very crooked and wierd to myself. I tried to look better but there was no chance. I got so upset I went to another bathroom to see. There the mirror was good and I looked good. I came in and while I was supposed to eat my breakfast I couldn't take it.

I asked myself, "Do I look so crooked to the world that they have to put me in these prison camps for all these years?" And then I counted, I have four years to go out. So I immediatly asked the warden, "All the money I've got, I want the Scriptures, I want this book, I want that book, bah, bah, bah." He said, "Those four years have made me what I am today." I really laughed. I said, "Wow, you are great!" He said, "How come?" I say, "You make so many mistakes all your life and in four years you make up for everything. You are really something great." He said, "But are you sure that I made up all of it?" I say, "Yeah. Whatever you committed, all the crimes, you are a known criminal. But you couldn't commit those crimes without putting the concentrated energy of yourself into the one channel of negativity. All it took was a crooked mirror to turn you upside down and in four years you put so much in the positive way it's fun to talk to you." So sometimes you give up because you feel you cannot make it. That is your self-judgment! We tell you don't judge others - that includes you, too! Don't judge others and don't judge yourself! When you will not judge yourself you will never judge others. You couldn't make it because you always judge yourself. If you would not have learned to make up a phony personality on which to judge yourself you would have always reached the reality. The worst thing a person can do to himself is judge himself. "Oh, I am perfect, master," - it's a judgement. "Oh, I am absolutely rotten." - it is also a judgement. "Oh, I am great." "Oh, I am good for nothing." You are you. And one word of Guru Nanak if you'd remember in your heart, it can compensate for everything. That guy Nanak said something beautiful. You know I love him a little bit for that. His name is Nanak - Na means no; Nak means negativity. Where there is no negativity. And he lived up to his name. And he said, "Nanak nam cherdi kala. Tere apane serbate kapala." This lesson you cannot find in any scripture, you cannot find in any religion, you cannot find through any philosophy. The house of Guru Nanak revolves on this one sentence totally and completely. "Nanak nam, cherdi kala tere apane serbate kapala." "Nanak, by the grace of the name my spirit should be exalted." It will be exalted! There's no joke, Nanak. You said it right. You said the truth! When the finite will relate and correlate and make a yoke with the infinity, spirit will be exalted. There's no fun about it! You spoke the greatest truth." And by Thy grace, "tere apane," by Thy will, "sabdapala" - all should be blessed. He never said, "Sikh should be blessed, Hindu should be blessed, Christian should be blessed." Nothing. It is such a unique thinking, unique saying, and unique living that this can put a man into a state of ecstasy of consciousness. And he gave a jappa, he gave a meditation. You know what meditation he gave? He said, "Jappa - jappa! Ad such, jugad such, habe such, Nanak hose be such." Ad such - from the time infinite It is Truth; jugad such - through the time of ages is Truth; hebe such - now It is Truth; Nank hose be such - Nanak, It shall ever be Truth!

True you were, True you were through the time, now you are True, ever True you shall be. Otherwise you cannot get out of the cycle of birth and death.

Whom do you have to be true to? Me? No. To them? No. To him? No. You have to be true to yourself. Without being true to yourself you can never experience the truth. What is self-realization? By joining a self-realization organization do you have self-realization? No. Self-realization is when you self-realize yourself! It is a very simple way to live, and you do not live that simple way because there is no fun in simplicity. Because you have never enjoyed simplicity you make everything complicated. You make a fun out of it; you make jungle trails in it; you make a zig-zag out of it. The fun of simplicity is lost, because you don't want to be so simple that somebody can locate you. Instead you make zig-zag about yourself. You want to get lost. But you get so lost that you can never recover from it. And I see people doing it to themselves, I have dealt and lived with some people who make themselves so miserable I can't understand why. They love it! All they want is to get sick and make everybody around them sick, sick, sick. You can't get out of those people. But it is beautiful if you let them be as they are and do not feed them with your unfortunate sympathy. Then they cannot suck on you - that is the best medicine you can give to such people.

You know, I tell you a story. One man told his wife, "Get up in the morning, let us go for sadhana." She said, "No! You are on a Yogi's trip. Get out. I don't care. You are crazy; you are all crazy." So, whatever she said, he taped the whole thing. So when I went on tour she came to see me. "YogiJi, I love you but I didn't see you for two years." I said, "Very kind of you, thank you." And then her husband came. He said, "YogiJi, wait a minute. You have heard her statement?" I said, "Yes." "Is she not beautiful?" I said, "Yes, that's true." He said, "Wait a minute. This is what she tells me behind your back. He put the taperecorder on. And he made me to listen to the whole tape. And just out of compassion, I said, "Well, this must be an exception." He said, "No, no, no. It is only two weeks old. That's not true. I have a tape which she started two years ago and I have dated them and it is a whole album in my house which is filled and this is her routine mantra which you are hearing. And you see how phony she is?" At that time I looked at her jsut as if I am the culprit and she's accusing me, and she looked at me and she said, "Aren't you a father?" I said, "Yes." "Won't you forgive?" I said, "I don't care." I said, "I am mad at him. He has spent so much money in taping this mantra of yours. I am really shocked. This guy has wasted so much energy. Why couldn't he spend this money and get my lectures taped? It could have been very positive. I am not mad at you; you are beautiful. But look, instead of being attracted to me to listen to truth from me he has recorded you only and he has got an album." He said, "I have got whole library in my closet." I said, "I am really mad at him. I am not mad

at you at all. You are beautiful. You tested him and he failed. And now he's complaining before me." I turned the table 180°. Anyway, she was very satisfied and she left. That was the last day she was negative.

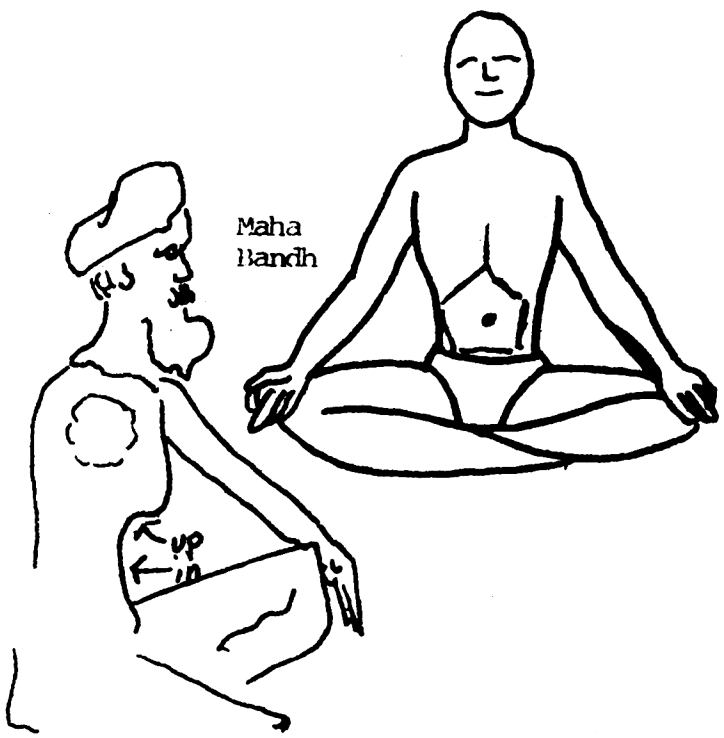
He said, "Yogiji, why do you put me down before her? You know I did such thing to her, I just wanted to prove how negative she is." I said, "Son, you did the best. And I did my best. Between me and you we have made her the best. So I'm not mad at you. We both wanted to do a good job. So now she's not going to be negative and you are not to tape her again."

The problem is if you feed someone's negativity you will build a monster out of that person. If you take anybody every day to a negative meeting, to a negative influence, you start living with negative people, dealing with them, wheeling with them, feeding yourself with them and that whole jazz, you'll end up to be negative anyway. You can't work in a mercury mine and not have mercury poison? It is very rare. That is why the man is told to use the law of discrimination. That is why students live in hostels and ashrams and universities and all that. So that they can have environments to study. But when they pass, they become doctors and go out to practice. Sadhana, rahdana, prahbupati. When it is sadhana you should be very exclusive and right on your job.

MEDITATION:

I told you to come today with a liquid diet. I'm going to give you a meditation and I want you to do it.

Now sit in an easy posture with your spine straight, arms straight, and hands in gyan mudra. Fix your eyes at the tip of your nose. Chest out, chin in, and chant Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru. Every minute the chest must come out and out and out and out



You are very relaxed; that's not the way it goes. Look at what a beautiful pose it is. All the three centers get pulled up. All the way they get pulled up. Look at me . I've started sweating. You can count my blood pressure- it's gone so low. It will become

lower. It will relax me totally, completely. There's no way. No tension can remain in the body. The blood becomes totally oxygenated and pure. You can stand through any cold; even Canadian cold won't bite you. Why don't you practice this? You can do it while you are chanting. That is a yogic way.

Q: Then we're not supposed to keep the teeth locked? I can say Sat Nam Sat Nam...?"

You cannot put a teeth lock and say Sat Nam Sat Nam. Once you get into it you will have a lot of fun inside. When inside fun gets up, then outside fun is o.k. In this position without air you can grow fatter and fatter and fatter and bigger and bigger. All these vertebraes here, 11th, 12th, 13th, 14th, 15th, and 16th, they get in all the way. So let's do it. Let us not waste time. You know you are very clever. You put me into question and all that and don't get to do anything.

Inhale, exhale, relax. Keep your spine straight. Spine straight and just relax. If you have done even one minute right you will be in a different world right now. I have seen on the meters and on the instruments 5 minutes of this sadhana can put a man into a state of self-realization from top to toe. If correctly done, for a couple of days to begin with, right behind the shoulder blades there is a heavy pressure. When that pressure is gone you are absolutely in it. You become a total expanded form. The diaphragm can feel the sound of the shabad, and also the navel point. Then you'll feel three strokes: one at the navel point, one at the diaphragm point, and one right under the throat itself. Your parathyroid and thyroid will also give you a beat. And the tip of the tongue will keep chanting Sat Nam Sat Nam Sat Nam.... Inside you will feel a lot of changes happen and they will happen very fast. Sometimes they are very fearful. Don't forget you are you, and nothing is coming outside, and nothing coming inside. But before you do this you must check up your blood pressure. If it is terribly low blood pressure do consult me before starting. If you are a question of a terribly high blood pressure even then you must consult. If you have a normal blood pressure you are absolutely all right to do it. You will never have a problem. And 5 minutes each day in this can really tip you into space, inner space, not outer space. It will give you the beauty, it will give you the joy and you will understand. Lots of things will happen but along with it, a lot of changes will happen in such a normal way that you will immediately start enjoying it. This maha mander has to have ashtang mantra. No other mantra can work with it. There are only two mantras and they have to be bij mantras. One is Gobinde Mukande Udhare Apare Haring Karing Nirname Akame, but that's very heavy. So, as a starter you should start with Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru, and when you finish it, and sometime you just want to check your speed to see how good you are, then you can go for the guru gaitri. And that's heavy - when you sit in a great lock, in a guru gaitri.

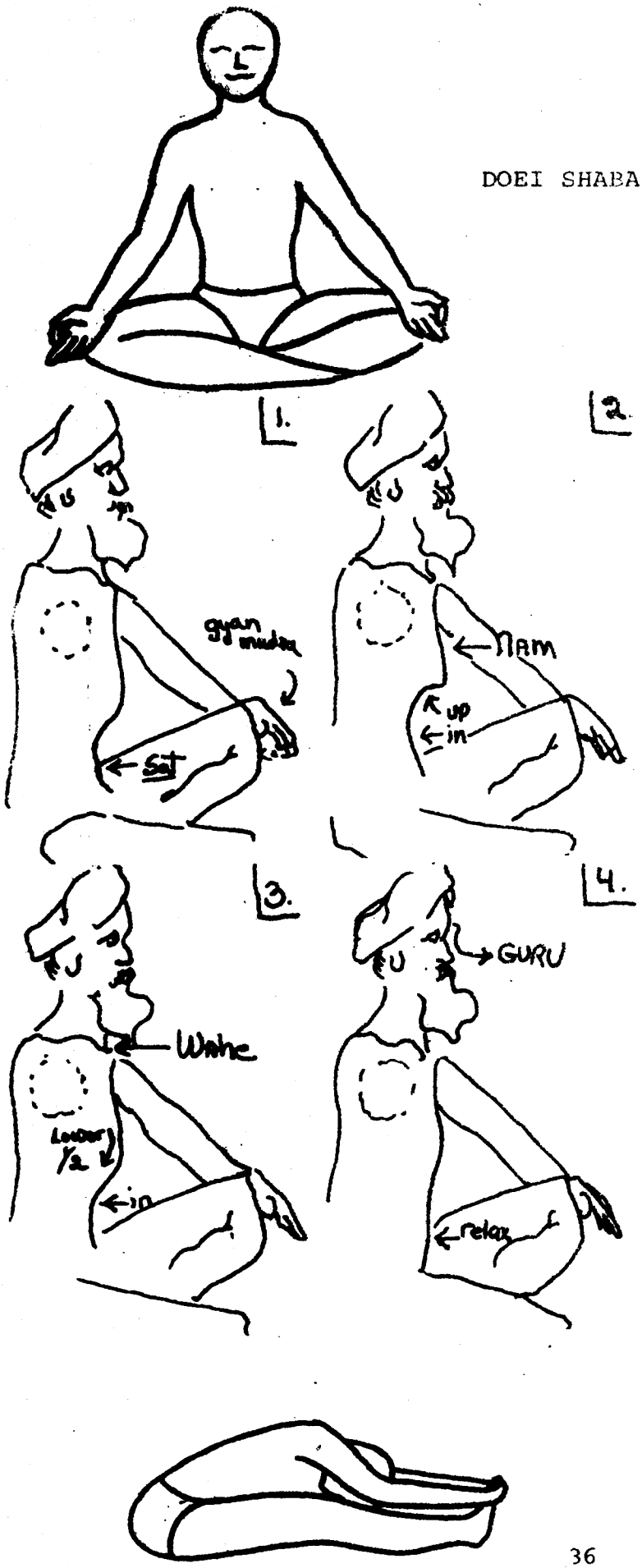
Q: With Gobinde Mukande, how

would you chant?
A: Very low, almost under your breath, with a small breath when necessary. It's definitely not advised for a man to practice who is just starting. That should be done when you are perfect in bij mantra.

In all scriptures there's only one bij mantra. It starts with the finite self, and gets into the ecstasy of infinity. Sat means truth, Nam means identity. Sat is infinity, Nam is identity. Then in the end, on the 8th cycle, it ends up in Wahe, or ecstasy. Then Guru, is again a finite existence. You know words have got their own vibrations and you have to understand that. Because that's why we go into Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru. You get choked totally. But in a couple of minutes this choke will go away, everything will go away, and the body will start adjusting and opening up this way. It will open this way - automatically. These lower vertebraes, 1st, 2nd, 3rd and 4th will adjust.

Q: Is it better to do this when you haven't eaten?
A: Yes, that's what I said. It is best if you have eaten, that you have eaten to fill only half the stomach. And that should be mostly liquid. Because if this stomach is filled up and bloated up like a pig then these mantras don't come in, they don't fit in.

Q: Can you do them in silent form without chanting out loud?
A: No, you can't do this. This mantra you can never do in a silent form. But in this you cannot chant any other mantra. Because rhythm will never be complete. This has to be with the ashtang bij mantra.



DOEI SHABAD KRIYA

1. Sit in easy pose with gyan mudra. Pull in the navel point as you apply M.B. and chant "SAT". On "NAM" feel energy at the heart center of the chest, tighten the M.B. and lift chest. On "WHAHE" release the locks 1/2 way and feel the energy at the lower front of the throat, but do not actually pull the neck lock. On "GURU" relax and let the sound exit from the third eye right down to and off of the tip of the nose. The sound of "GURU" will be musical in your breath. The breath will regulate itself automatically if you concentrate on the sound current. Continue 11 min. and with practice build up to 31 min. At the conclusion of the kriya, inhale, exhale, inhale, exhale and relax.

2. Quickly stretch legs out straight and pull down by grasping your toes. Hold for 2 min.

INTRODUCTION:

This kriya is a powerful physical rejuvenator since it stimulates all nine glands to secrete and mix in the blood. It allows the effects of bij mantras SAT NAM and WHAHE GURU to penetrate the subconscious. This allows you to tune in to the universal sound current or NADAM. And meditation on this takes you beyond this world and beyond the finite self. The following lecture given by Yogi Bhajan when he taught this kriya is so beautiful and explanatory, I have included most of it here. The kriya can be built up to 31 min. as a sadhana. In a class

remember to teach it for much less time, say 5-11 min. depending on the class. This transcription is from an intensive with YogiJi directly giving the meditation.

"We would like to do something tonight so that it can help us through the times to come, with the blessing of the Guru and God that it works out our system once and for all. There is one little thing which I want to talk to you about tonight. As today's child is the father of tomorrow, today's student is a Guru of tomorrow. Today's disciple is Guru of tomorrow and the greatest Guru is he who has 'Guru-ed' himself. Your own guidance, your own realization, your own reality, your own consciousness--when it is controlled by you, in you, for you, and you realize that totality--that is all you need. But it is difficult to reach that stage without help. One way is you come on, bow to me, 'I am your Guru, you are my disciple. You are a donkey and I am going to ride on you. That is it, period. Whatever I am going to say is a law for you.' Total devotion, you have no personality, nothing, nothing, nothing. That is dangerous. It is a good trip, but it is dangerous. Suppose I am a nut, then what are you going to do? Blind leads the blind. That is not true, that is not the way it should be. But that looks easy, sounds correct. It gives you a security so you buy it. But it is pretty dangerous. There are going to be 25,000 Gurus coming to this country. Which one are you going to follow? If you do not know, it is going to confuse you.

Do follow one way; that is the Truth. Take Truth from anybody who comes to work it out. If it works for your system - good for you; if not bless him. Very perfect, because one who has diamonds is going to sell diamonds; those who need diamonds are going to get diamonds. What is wrong with diamonds? Nothing. A master who has Truth will give Truth. There is no duality in that game, you are all seekers of Truth. It does not matter who gives you the Truth. Do not get into the personality cult, but get into the Truth and work it out. That is the safest way of spiritual pursuit. Should I tell you my experience? I loved a man as a saint. I loved him more than God. I liked him very much. I was in a state of avail where I needed his help. He became my first rate enemy. Can you believe it? But I never lost myself. I knew my Guru, my God, my Truth is with me. I'll go through it. I went through it, and I had people with me. I showed them; I said, 'Do not worry, we are being tested, but we'll go through it.' Somebody said, 'It is very difficult.' I said, 'No. Clouds have come to go. But remember one thing, I have seen the sun, I have seen the Light, I know that after clouds the Light is there, follow on. We will reach, we will make it.' We did make it. That is the part of the teacher. When one is confused and one does not know what to do, call him collect or direct and he will tell you, 'Keep Up!' Or if you know him, when you are worried, your hands are tight, your teeth are out, your head is like that and shout, "KEEP UP!" It will take away all nervousness. That is a self-guru style. When you are very nervous, telephone is not near you, telephone number you do

not know, set yourself and shout "KEEP UP!" You will have the experience that someone will tell you what to do next. That is the Maha Mantra of the Aquarian Age, to "KEEP UP!" We have to continually pursue the Truth. All these hundreds, thousands, of gurus are going to leave you. I can tell you that. Don't be misled. They will come, they will go. You have to come to get into a new age. You can't go. So, younger ones, your path is a little difficult and it has got to be very steady, and you have got to work it out. And the only way you can work it out is to keep up.

Three years have passed. I am bugging all the teachers to get together. Sometimes they listen to me, sometimes, they don't. We are unable to make a bundle out of everybody. The time has come and they will come around because there is one Creator, Cosmos, and the entire creation is His. So those who teach the Truth in the name of the One Creator must learn to be united themselves first. Every student should feel free to relate to Truth wherever he can get it. But that does not mean you should have no foundation of your own.

Love means when you can love everyone. Somebody asked this question, "Love your Guru?" Student said, "Sir, don't I love you?" And the Guru answered, "Love your Guru?" "Sir, have you doubt of my love?" He said, "Love your Guru!" The disciple said, "I don't understand anymore. What is a Guru?" The teacher replied, "Guru is that which teaches you Truth, teaches you Infinite Truth. Trees teach you to stay steady and to wait long. Ocean teaches you to always sublime and go high. Mountains teach you to be firm and steady. Rivers teach you to flow downhill. Earth teaches you to have immense patience. The wind teaches you to reach everywhere and fill every vacuum. The morning teaches you the beauty of the breeze. The evening teaches you the golden rays of the sun. Are they each not a Guru?" But one heart that has love for Guru opens up to everything. So long as it is not open, it is closed. Nothing comes out of it. That is the problem. A very serious problem.

Mantras have become secret. What is a mantra? I understand it can create a psychological effect. It is O.K. with me. What is that God consciousness that when you find God you can be secret? Can you do that? Impossible. If one who finds God can be limited, then forget it. Remember one thing: Love and essence of sandal oil can never remain secret. How can it be a secret? When this being becomes conscious and reaches Godhead, he remains no more a secret. The secret is when God dwells in this being, there is no secret. That is the secret! When perfection comes then there is no path. When God is known then everything becomes unknown. When one listens to the Nadam, One becomes Adam. This is scripture. How can any deny it?

MEDITATION:

We will tune into a frequency of Doei Shabad. It is a little bit of exercise. It is a chant, it is a mantra, it is open. Sat Nam is the Truth. Sat is the existence, the Truth. Nam is the identity of that existence in Truth. It is not personal. It is not that you can figure Sat Nam. Sat Nam is

everything. Redwood is Sat Nam. This light is Sat Nam. This finger is Sat Nam. Everything is Sat Nam. Sat Nam is realization of the existence in Truth. And Whahe Guru is ecstasy. Wow! Hey! Wow, I found it! Guru is the technical know-how through which the Truth has been found. So these are two Shabads. Shabad means sound current. So I promise you that we will do an intensive of this so that you can have your experience, and I feel I have come to serve you; that I have served you properly and honestly. It is not a religion, it is not a sect, it is not a cult. It is an ecstasy of Universality; that is what we are up to. We are not here to create something; everything has already been created. We are going to be a total part of the whole sum. That is what the purpose of the spiritual path should be. Those who want to do "it is my thing, your thing is your thing"---then there is going to be a fight. Because "my thing is not your thing and your thing is not my thing"-- there is going to be duality. But here, everything is everything.

So, let us do our number and do it well and go through a practical experience to find how it works: how we can raise our consciousness, how we can listen to the Nadam, Nad; how the universal sound current can relate to us and we to it. That's all. That is the key to everything. There is no problem, O.K.? You will meditate on the sound current in a very simple manner. Easy pose, gyan mudra. Navel point at the sound current of Sat will be pulled in as you apply Mulbhand. On Nam you will feel here at the heart chakra. Feel Whahe at this neck lock without pulling the lock tight. Feel Guru at the third eye and right down to and off the tip of your nose. When Guru comes out it affects the pineal and pituitary. Sat Nam Whahe Guru. At Sat you will pull it, at Nam you will tighten it and raise chest. At Whahe you will release it a little (about halfway) and at Guru it will be released. At sound "Guru" breath will be involved in a musical rhythm. The breath will regulate itself automatically. Don't concentrate on the breath. Moment you get into the sound current, the breath has to go into a constant current. You will not be aware of when you are exhaling or inhaling. Relax on the sound current. It becomes one unit and that is where the power lies. Do it right. Go through this pain. It is the Master key; it will work out, but you must do it. It is hard, I don't misunderstand. Immediately the 4th and 6th ribs in the back will be tight. You go through it, it will be all right. Are we ready to do it? All right. Spine straight--first law. Self-discipline is the best discipline. Self-control the best control. Begin Sat Nam Whahe Guru. You will start sweating in 3 minutes. If it is correctly done, the Kundalini has to go up. This is the sound current. Infinity to finite, finite to Infinity is a total Unity, totality. There is no Nadam beyond it, there is no Nadam which is not in it. If you chant this and do not come out in ecstasy-- forget it. There is something wrong in what we are doing. It is Doei Shabad. It is two points between God and Man. This is the sound current. It is not a personal trip. It is a knowledge which belongs to everybody

but those who practice it, perfect it, they become the masters. So let us do it right, correct, perfect. Pituitary, parathyroid, thyroid, pancreas, all blocks will be worked out. Nine glands are involved in this sound current. Quite a heavy secretion. The whole nervous system gets tuned up. It changes the total metabolism of the physical, mental and spiritual aspects. But do it correctly; one should not cheat himself. Not doing correct sadhana is self-cheating and I do not believe in that. Keep chanting, Sat Nam Whahe Guru....I have to take you to 31 minutes. I know it is hard, I know you do not have the practice; but also if you do not have the practice, you have to do it to experience it. Practice leads to an experience. We will do it by stages. We are human beings. We can love God and create those vibrations so we can find Him in us and we can live as gods. That is our privilege. We would like to put our best into it for 31 minutes. Then see what is the result, what it is all about. They all say when the sound current of the individual becomes one with the Universal sound current, one listens to a Nadam. All right we are going to listen to that. Why not? What is wrong in that? But we know our legs get sore, our body itches, this number and that number. If we have the Will, we will make it. 'It is not the life that matters, it is the courage you bring to it.' It is known as Doei Shabad because the Shabad has two strokes in it. It is very important to go through this. This way in Laya Yoga is very strong. It is the best way to master the bij mantra and it will help you a lot in your spiritual growth. The whole nervous system gets tuned up; each nerve starts creating this music. Thirty-one minutes total dedication to universal vibration, to the Creator by the creation. We want to establish that relationship. (Chanted 31 minutes.) Inhale, exhale, inhale and hold breath and concentrate at the pineal gland for 1 minute. Exhale, inhale, exhale, inhale, exhale and relax. Stretch legs forward, catch toes and pull down. Don't do it slowly. Do it for 2 minutes.

You must try until you have the possibility of making it. This is Nadam, Nam. The Word was with God and God created the world with the Word. When this sound runs in us and we get a part of this current and be this current then everything opens up. It requires practice, it does not happen in a moment like magic. Those who practice it correctly, they make it. "That meek man that nobody knows, if he chants the Name, all four corners of the world will recognize him." He becomes heavy, everything else becomes light because he becomes a part of the universal consciousness and he makes them realize that--that is all. So everybody loves him; he loves everybody. It is so simple. There is no dogma in it; there is no big philosophy in it. It is a reality, a Truth. But you have to do it, practice it, experience it. Once you get into the rhythm of it, the whole universe dances around you and you around the universe. Then you enjoy ecstasy words cannot describe. It is everybody's trip, not just a person doing Kundalini Yoga. Someone has found this something, let us share it. "Tons of books and mountains of knowledge one may achieve; if one has

not understood how to find the Infinite love within, God cannot be reached." The scriptures also say, "By silence, I do not achieve silence. I may eat, eat, eat and hunger does not go. I may do all clever deeds, and do not become wise enough to see God." How, then, can I become true and how can this falsehood leave me? Sayeth Nanak: "You must go into the Will of the Universal Will. You must flow in the Universal sound current. You must be one with the one.'"

Dear Divine Friends,

If you would like to subscribe to the Kundalini Research Institute Newsletter, the rates are $7.50 for a subscription beginning with newsletter #4 which includes six more newsletters, $8.75 beginning with #3, and $10.00 beginning with #2. (As yet we do not have any copies available of newsletter #1.) Overseas subscriptions are $2.00 per copy. Please fill out subscription blank and mail to:

KRI NEWSLETTER
3HO Kundalini Research Institute
575 No. Hamilton Blvd.
Pomona, Calif. 91768

KRI NEWSLETTER SUBSCRIPTION BLANK

Name_____

Address_____

City_____State_____Zip_____

Sea Mail_____

Please send me_____issues of the KRI newsletter.

Check or money order enclosed for US$____

Make checks or money orders payable to:

3HO KUNDALINI RESEARCH INSTITUTE

3HO FOUNDATION, INC.